

ACID AND ALKALINE FORMING FOODS

The pH of human blood is regulated to stay within the narrow range of 7.35 to 7.45, which is slightly alkaline (or basic). Falling below 7.35 is too acidic, and disease thrives in a acidic enviroment. Rising above 7.45 is too alkaline. The sweet spot is in between. Our bodies help to control our acid-base balance primarily through our respiratory and urinary systems. However, it's also helpful to monitor and control the acidic and alkaline composition of our bodies through the foods we eat.¹

Foods either have tendency to produce an acide or alkaline product after they are digested and broken down. The actual ph of the food doesn't impact whether a food is acidic or alkaline formimg in the body. For example, lemon is very acidic, but it ia alkaline forming in the body.

In general, meat, eggs, diary and refined carbohydrates are acid forming, and most fruits and vegetables are alkaline formimg. Cooked foods are generally more acidic than raw foods

Look and see the effects these common foods have on your body!



carbonated water
club soda



cream cheese
buttermilk
pastries
pasta
cheese
pork
beer
wine
black tea
pickles
chocolate
roasted nuts
vinegar
Sweet and Low



purified water
distilled water
coffee
sweetened juice
pistachios
beef
white bread
peanuts
nuts
wheat



fruit juice
most grains
eggs
fish
tea
cooked beans
cooked spinach
soy milk
coconut
lima beans
plums
brown rice
barley
cocoa
oats
liver
oyster
salmon



tap water
spring water
sea water



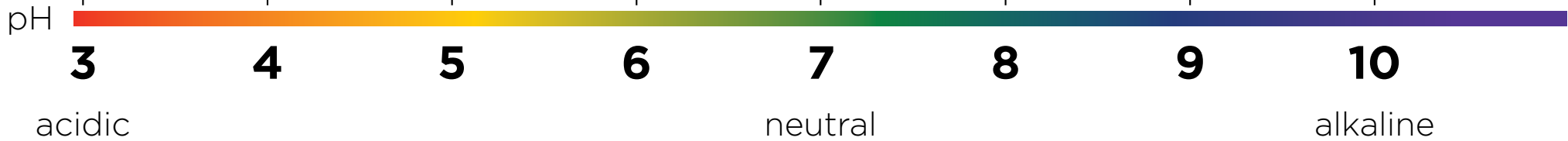
apple
almonds
tomato
grapefruit
corn
mushrooms
turnip
olives
soybeans
peaches
bell pepper
pineapple
cherries
wild rice
apricot
strawberries
banana



avocado
green tea
lettuce
celery
peas
sweet potato
eggplant
green beans
beets
blueberries
pear
grapes
kiwi
melon
tangerine
figs
dates
mango
papaya



spinach
broccoli
artichoke
Brussel sprouts
cabbage
cauliflower
carrot
cucumber
lemon
lime
seaweed
asparagus
kale
radish
collard greens
onion



1. Robert O. Young and Shelley Redford Young's *The ph Miracle: Balance Your Diet, Reclaim Your Health*